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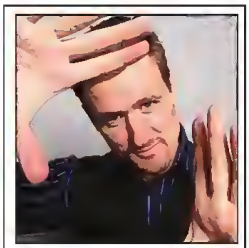
Thursday, July 4, 2013

Happy birthday, Canada!

NOTL celebrates Canada Day

3



Power of memory training

Start a club – get rid of "summer–dumber" syndrome

23

Busy week for sports in NOTL

get it online

City and Colour rock picturesque town

MELISSA MANGELSEN Niagara Advance

St. Catharines-born Dallas Green, of City and Colour, rocks Niagara-on-the-Lake last weekend. Also at the festival was Metric, Serena Ryder, Jimmy Eat World and Yukon Blonde.

Concert learns from last year - sees few problems as Dallas Green headlines

Melissa Mangelsen
Niagara Advance

The Town of Niagara-on-the-Lake is known for its picturesque scenery, historic homes and horse-drawn carriage rides.

That all changed for an evening last Saturday as food vendors and music fans descended on Butler's Barracks to see City and Colour, Metric, Jimmy Eat World, Serena Ryder and Yukon Blonde.

Thousands of fans from all ages and geographical locations turned Butler's Barracks into a giant party zone.

Following the Tragically Hip event last year, Elliott Lefco of Goldenvoice, and concert promoter, learned a few lessons and made efforts this year to reduce the impact on the townsfolk.

He moved parking closer to the venue by renting space from the Shaw Festival and Fort George and eliminated the need for shuttle buses. It meant fewer concert-goers were on the streets in nearby residential neighbourhoods.

See Page 2

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Metric ignites thousands

From Page 1

And many of the 17,000 in attendance were making a weekend of it, arriving on Friday and staying in local hotels and guest houses, touring wineries and going to plays at Shaw Festival as part of the experience.

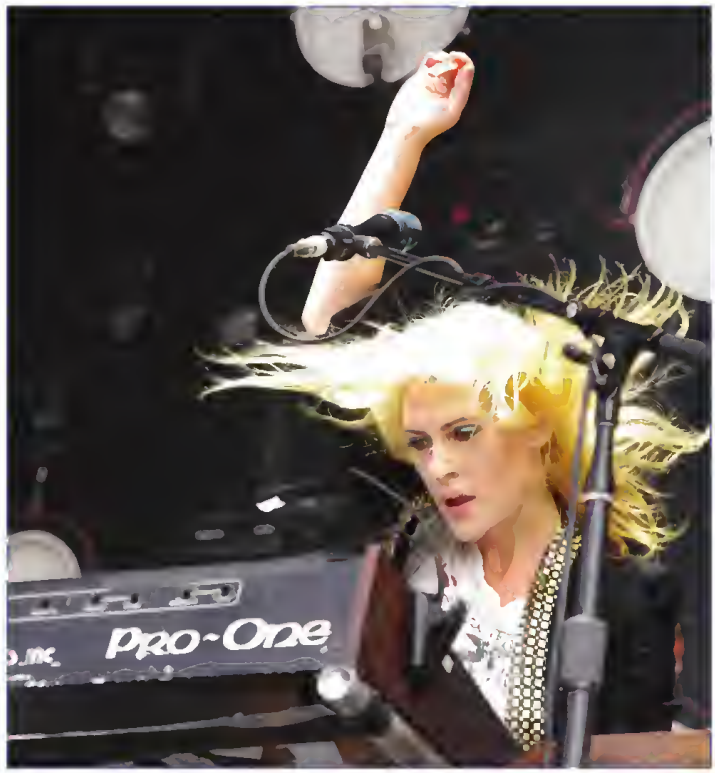
Shawna and Faisal Khan, from the Whitby area, stayed at Queen's Landing and saw Faith Healer at Shaw.

Troy Norris and Jeannette Foley, of Kingston, were on a week-long tour around Lake Ontario, picking up two outdoor concerts along the way.

Lefco said planning for an event of this magnitude takes the better part of year, and his goal is to make it an enjoyable experience "with no headaches" for everybody. In addition to paying Parks Canada for the use of the field (last year $65,000) Goldenvoice pays for fences, police, paramedics and massive amounts of on-site security. There are dozens of food vendors, hundreds of beer servers, scores of porta-potties and wagon loads of hay to cover up the mud in the event of rain.

And rain it did -- a 30-minute soaking during the early evening performance of Metric, that brought out the umbrellas and ponchos of the experienced concert-goers and drenched everyone else. Skies cleared in time for the headline performance of St. Catharines native Dallas Green, formerly of Alexisonfire and now a solo act: City and Colour.

See Page 5



MELISSA MANGELSEN Niagara Advance

Emily Haines, of Metric, was welcomed by fans at NOTL last Saturday. The band is known for their unique style.

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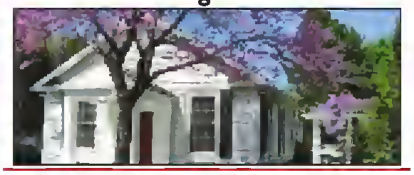

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Celebrating 146 years of Canada

Melissa Mangelsen
Niagara Advance

There is a saying that says "go big or go home."

That's exactly what Catherine O'Donnell, the founder and executive pastry chef of Willow Cakes and Pastries did on Canada Day with a giant cake.

For the past seven years the people of Niagara-on-the-Lake have waited in scorching summer heat, rain and wind in anticipation to see what O'Donnell and her pastry makers have come up with.

A day-long Canada Day festival was held at Simcoe Park, which is put on annually by the Friends of Fort George.

The crowd thickened at 3 p.m., as the giant cake paraded down Queen St.

The event featured the 41st Regiment Fife and Drum Corps, which led the massive cake along the route and delivering it to Simcoe Park.

The transportation of the giant cake is a stressful event for those responsible for getting it to the final location in one piece. Because of the possibility of rain this year, a tent was put up in Simcoe Park to host the giant cake. Once it arrived at the park organizers soon realized that the tent was shorter than the cake.

The tent was lifted as nine people lifted the massive cake off of the truck. As it wobbled back and forth the crowd that gathered gasped. Despite some tense moments, the cake reached the table in one piece, and it was then O'Donnell could breathe a sigh of relief.

See Page 4

MELISSA MANGELSEN Niagara Advance

Catherine O'Donnell, founder and executive pastry chef at Willow Cakes and Pastries, cuts into the giant Canada Day cake on Monday.

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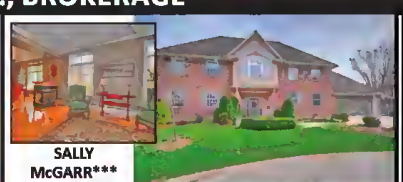
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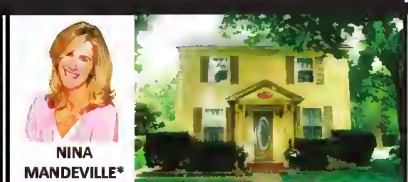
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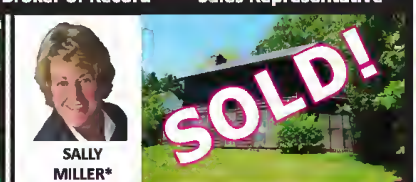

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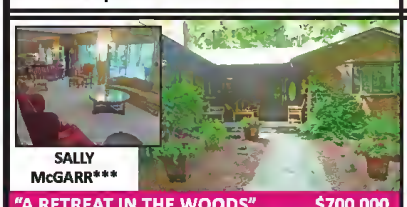
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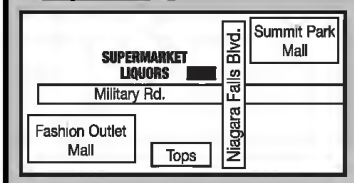

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OPEN THURSDAY JULY 4TH
9 AM-5 PM

Canada Day celebrated at Simcoe Park

From Page 3

Each year O'Donnell and her staff have the goal to outdo themselves from the previous year, and they did just that. They caputured the War of 1812 theme, which was designed to represent the burning of Niagara-on-the-Lake. The cake also featured some modern day symbols of Niagara-on-the-Lake and celebrated Canada Day.

The cake fed about 3,000 people, and takes roughly 160 hours to complete, using about 600 eggs, 100 pounds of flour, 50 pounds of sugar and 30 pounds of butter.

O'Donnell cut her massive cake, along with Lord Mayor Dave Eke, Gary Burroughs, regional chair and MPP Kim Crator.

The day-long festivities began at 8 a.m., with a pancake breakfast, which led up to a spectacular new musical fireworks display.

At noon, NOTL Rotary Club took over with a barbecue lunch in the park. And for music lovers entertainment was held at the bandshell, which began at 1 p.m., with Frankie Phelan Five Plus Two.

Fort George was open all day with no charge for admission.

Events thrilled both young and old, including the Kiddie Militia and Drill, the Fort George Artillery, a dinner barbecue and More Bad News and the Horns from Hell in the evening.

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Concert draws thousands on Canada Day weekend

Nearby residents say concert great, people courteous. NOTL not just sleepy retirement place

From Page 2

There had been a number of medical incidents for dehydration and heat exhaustion before the rain and a few people ejected for intoxication, said NRP Staff Sgt. Dave Brennan, so the shower provided welcome relief.

"It was pretty quiet," Brennan said. "The rain had quite a dampening effect on the spirits of most party-goers." There was one arrest for a domestic assault early in the evening.

Some townsfolk took advantage of the party atmosphere and had parties of their own, picnicking on the wide and shady boulevard on John Street, where they could see the stage and hear the music.

"I think it's fun," said Stephanie Fast. "Metric is who I wanted to see."

"It's good use of this land," agreed her husband Wayne Fast.

Meanwhile residents on nearby Charlotte St., sitting on their porches and listening to the tunes wafting up from the park, said a party like this is good for their town.

"It's pretty good as long as it's run well," said Andrew Gretzinger. "Once or twice a year is fine."

Further up the street, Keith and Leslie Tindall agreed.

"I think it's great," Keith Tindall said.

"Everybody has been very courteous," Leslie Tindall said. "They are not blocking our driveways."

Said Keith: "I think it's absolutely perfect for the town. It shows that it's not just a sleepy retirement place."

-With files from QMI Agency

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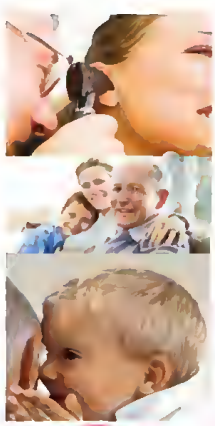

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opinion page

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our editorial

Great weekend for celebrations

What a busy weekend for Niagara-on-the-Lake! There certainly was no short of activities, for both young and old alike.

The weekend began with the concert at the Barracks, which went off without a hitch. The concert was welcomed by residents in the area as well as people from all over North America. Anytime an event can draw thousands to a community the size of Niagara-on-the-Lake, everyone is a winner.

The concert also added something to NOTL that isn't offered often. It brought in a more diverse crowd and some people who live nearby, but have never actually been to NOTL before.

Dallas Green was the highlight of the event. He drew a large group from St. Catharines to support their homegrown talent. Since breaking through with Alexisonfire, Green has continued to make a name for himself as a solo artist. Some of his biggest supporters remember watching him before he was famous with Alexisonfire.

Monday the focus turned to Canada Day. NOTL was once again packed to the rim with people who came out to Simcoe Park to celebrate the 145th birthday of Canada.

Once again impressing was the cake done by Catharine O'Donnell of Willow Cakes and Pastries. Though there were some tense moments in getting the cake to Simcoe Park in one piece, the cakewalk went off without a hitch.

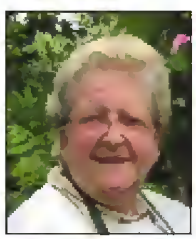
Once at the park the massive cake was cut up and shared with the community. It is always great to see all ages gather together to celebrate the common bond of Canadian pride.

The town has been working hard to commemorate the War of 1812 and that wasn't forgotten this Canada Day as Canadians beamed with pride for their country.

Defenders of the Town

Tony Chisholm, fundraising chair of the War of 1812 Bicentennial Committee, right, presents Henry Schein Co. (Glendale), with the Defender of the Town plaque for all their help and contributions to the War of 1812 activities. Peter Jugoon, vice president, marketing and planning, said they're proud to be a part of NOTL, which is rich in culture and history. Henry Schein Co. recently celebrated their 80th anniversary and is respectful of the history that got them to where they are today. "Henry Schein is very proud to be supporting the Town as it celebrates the bicentennial of the War of 1812. It's important for folks young and old to understand where we came from and what sacrifices were made so that we enjoy this beautiful area we have the privileges of calling home."

Heavy rain spoils roses, but begonias bloom



Jean Cochrane
Happy Gardening

I do hope this weather is agreeing with all the orchards and vineyards as well as it is agreeing with all the weeds that are thriving in my garden.

Everything is so lush and the blooms on the begonias are just wonderful. I found it strange that the heavy rain spoiled many of the rose blooms yet did not seem to effect the begonias. I guess it has something to do with the actual 'construction' of the flower.

Yes there was a lot of 'dead-heading' to do, and remember to cut back to the next set of five leaves so that all going well you will get another crop.

If you are not using a 'time-release fertilizer' give your flowers some food, they have been working hard.

Did you remember to plant some French Marigolds in among your vegetables? Helps to keep the bugs away.

A recent tip I learned was regarding 'blossom rot' in your tomatoes it occurs at the bottom of the fruit. This is due to lack of calcium, so you crumble up some indigestion tablets (like Tums) and mix it into the soil round the roots.

All our garden tour hosts are getting anxious about the weather, it is so nerve wracking when something is just spectacular and you want it to stay that way 'just till after the tour', so we will think good thoughts for them all.

Happy Gardening.

Lush begonias fill Jean Cochrane's garden.
Photo submitted

letters to the editor

Riding for rehab

Once again I will be participating in the 6th annual Teen Challenge Freedom Ride. On July 27, I will ride to help raise funds that run a 12-month, faith-based, residential drug and alcohol rehabilitation program for women in the GTA. This is part of a network of over 15 Teen Challenge Centres across Canada and more than 1,000 worldwide.

I am passionate about supporting the excellent work of Teen Challenge across Canada.

As part of this support, I personally volunteer at the London and GTA centre's numerous times a year.

Teen Challenge has a phenomenal track record of turning people's lives around.

In many cases, their program has been instrumental in giving people their lives back after they had failed many times in more traditional addiction programs.

Here is the link to my personal fundraising page:

http://my.e2rm.com/personalPage.aspx?registrationID=1977065

Any support you can provide is tax deductible and will have a positive impact given the demonstrated effectiveness of Teen Challenge's proven program. Thanks for considering this request.

Rick Mills
Niagara-on-the-Lake

Bull elephants and their advice for IBS

Dr. Gifford Jones
Doctors Game

Would you like to have your picture taken in the nude, sitting on a toilet? Then have the photo published in a national newspaper? Surely, we'd all sue for such an indignity. But once a photo showed Diew, a bull elephant, who'd been trained to sit on an elephant-sized toilet. No doubt the photo was meant to show that the irritable bowel syndrome (IBS) is an elephant-sized problem. But editors published the wrong photo.

It's ironic that an elephant can be trained to sit on a toilet seat but humans can't be taught how to avoid IBS. It's estimated that 25 percent of North Americans suffer from this disconcerting disease.

Diew, sitting on his throne, might question whether IBS is actually a disease. Diseases are supposed to have pathology, and with IBS the bowel appears to be normal. Nevertheless, Diew might have sympathy with so many humans who suffer from abdominal bloating, irregular bowel movements, constipation and gas.

Medical journals report no known cause for IBS. But the intelligent elephant might know that humans get into trouble because of a variety of human errors.

I'm not an expert on bull elephants, but I've never heard that they need laxatives. Humans, on the other hand, have devoured laxatives for years. TV commercials stress their daily need. And the habit has ruined millions of bowels. Human intestines become lazy when laxatives do the work for them. Studies in mice show that when they're given laxatives for four months, degeneration of intestinal nerves occurs.

Diew is obviously not easily embarrassed. He can defecate at any time and anywhere he desires with or without a toilet. But humans must sometimes delay the call of nature. Patients tell me they frequently postpone a bowel movement. They may be at an important meeting. Or the call of nature is inconvenient for other reasons. This is a good start on the road to IBS.

A bull elephant would also remind humans that he and other animals in zoos are provided a more nutritious diet than humans. There's no junk food or packaged dinners laden with salt and sugar. Rather, they receive adequate amounts of fiber that make their stools bulky and soft, rather than hard as rocks.

I tried to convince readers several years ago that a high fiber diet usually causes soft stools to float. This column caused one reader to complain he got a still neck from checking the toilet bowel.

Since elephants have long memories, Diew might also give humans a history lesson on the virtues of a high fiber diet. Hippocrates, the father of medicine, preached the value of whole wheat bread, vegetables and fruit as a way of assuring soft stools. Dr. Cleaves, the ship's surgeon on the battleship King George V, cured his sailors of constipation during World War I by giving them unprocessed bran.

Humans also need to be reminded that increased dietary fiber, by keeping stools soft, helps to prevent diverticulosis. Hernias of the colon sometimes become infected resulting in diverticulitis that may require surgery to remove segments of the large bowel.

To further drive home the value of fiber Diew would also explain that it fights obesity and diabetes, two of the nation's major killers. It's easy to drink sugar laden drinks and still be hungry. But when bulky fiber foods are part of the diet they decrease the hunger reflex and fewer calories are consumed.

To prevent bowel movements as hard as rocks, labels on food products report the fiber content. The day should be started with all bran cereal and whole wheat bread. Whole wheat pasta, fruits, raw vegetables, nuts, seeds and raisins should be added to salads. Plain popcorn, almonds, dried apricots and dates make good snacks.

Since Diew can be trained to sit on a toilet perhaps he can also be taught to use a camera. It's only fair game that editors should allow Diew to snap a photo of an embarrassed human sitting on the throne clad only in his birthday suit while desperately straining to pass the hard rocks of IBS.

Outdoor concert runs smoothly – kudos to organizers for their hard work

Melissa Mangelsen
Reporter's Notebook

Over the weekend I had the opportunity to attend the outdoor concert at the Barracks, here in town. I've attended a lot of events as part of the media, some large-scale and some small-scale, but none as well ran as this concert was.

Hats off to Elliott Lefco of Goldenvoice who worked hard for the most part of the year to promote this concert, bring it to NOTL and ensure that it ran smoothly.

As a member of the media, I have been to events that were so unorganized that it was nearly impossible to tell anyone that you're with the media and get some solid photos.

After following a long line of cars into NOTL on Saturday, I finally arrived at the concert. The media booth was easy to find and I was escorted to the backstage media area. From there, media was able to take photos during the first three-songs, from right in front of the stage. The organization of the event was very impressive. Not just from the media perspective, but also from the concert itself.

Every act was on-time, there was a sufficient amount of facilities for everyone, garbage was picked up continuously throughout the entire concert and parking was directed and well organized.

I heard nothing but positive comments from everyone I spoke to at the event. People came from all over Ontario as well as the United States for the show.

I think this is a great event for NOTL, it draws in a totally different crowd of people. Ones that you probably wouldn't see doing too many wine tours.

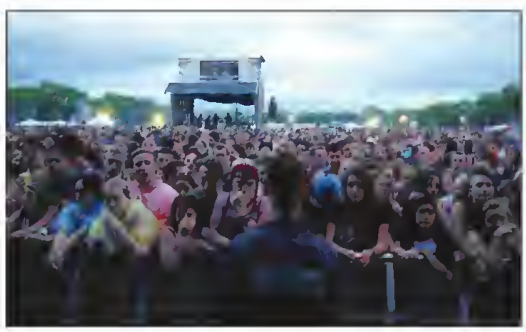
Some made a weekend out of it, staying at local hotels and eateries. For a lot of people it was their first time in NOTL.

If a large event such as this one is ran well, which it was, it can only lead to positive outcomes for the town. If you were in town earlier that day, a solid flow of people walked from store to store on Queen St., dined at the local establishments and saw the sights that NOTL has to offer.

City and Colour fan or not, you couldn't help but to get excited that Dallas Green was going to be performing to his "hometown" fans. A native from St. Catharines, Green has made a name for himself both with Alexisonfire and now his solo act City and Colour.

Niagara Regional Police said there had been very few incidents. The rain that came midway through Metric's performance provided some relief to anyone who was suffering from heat exhaustion or dehydration. It also washed out most of the parties that had sprung up at local residents.

There was very few people ejected from the event due to intoxication. In fact, the way it was set up it made it a little inconvenient to get alcohol. Tickets had to first be purchased, and then people had to re-line up in a different line to wait for their alcohol. It seemed to slow the drinkers down, as well as insure that those who were underage were unable to obtain alcohol.



MELISSA MANGELSEN Niagara Advance
Thousands of concert-goers descend on NOTL for City and Colour, Metric, Serena Ryder, Jimmy Eat World and Yukon Blonde.

This was a solid event, and though you were in picturesque Niagara-on-the-Lake this was a real top-notch show, with comparisons to Edgefest and the Vans Warp Tour.

Thanks to Lefco, and all those at Goldenvoice, who made this a success and worked around-the-clock to ensure that it went off with few problems.

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www.niagarahistorical.museum

Eat ribs, help Red Roof Retreat

Rib King Richard Wall is ready to fire up the barbecue for a good cause.

Wall will be serving up his speciality for the 9th Annual Ribfest for Red Roof Retreat this Saturday.

Wall will prepare his famous ribs, chicken and salads for the finger-licking good event.

Although he won't give away his secret for cooking tasty ribs that locals have come to love, Wall says he uses an old family recipe that he has changed over time and made his own.

Each year, he serves between 50 to 100 racks of ribs for 100 people—tickets are limited.

Proceeds from Ribfest will benefit the respite program at Red Roof Retreat, which offers quality care for children and young adults with special needs so their families can have a much-needed break.

Bring lawn chairs or a blanket.

Children can enjoy the many features the retreat has to offer, such as a playground with swings, and a barn with horses, pigs, goats and other small animals. There are walking trails and beautiful natural wetlands to explore.

The Ribfeast begins at 4 p.m., Saturday, July 6 at the Red Roof Retreat.

Tickets are $35 and they are limited. Purchase tickets by phoning the retreat at 905-684-0235 or e-mail richard@wallsbrand-scource.ca. Children 12 and under are free.

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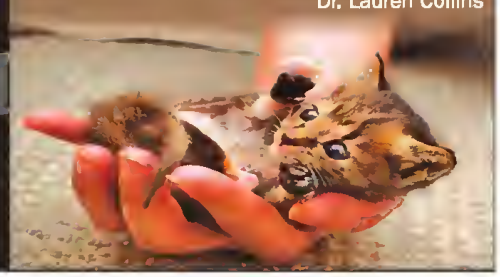

Church continues growth

Church helps people find what they need

Penny Coles
Niagara Advance

When Pastor Herman Neufeld and his wife Kathy were asked to lead a flock of mixed religious backgrounds 15 years ago, people who had turned away from the church, and those who were hurting, he agreed.

He had left Orchard Park Bible Church, where he was an assistant pastor, not knowing what the future would hold for him.

He had no interest in competing with other churches or drawing people away from established congregations, but wanted to reach out to those who had left the church, to help them find what they needed.

That's exactly what the Village Bible Church accomplished, and continues to focus on today.

It's what has led the church to a growing congregation of 125 people, about half of them from Niagara-on-the-Lake.

The small group that was the beginning of the Village Bible Church first met at Parliament Oak School.

See Page 14

A ground-breaking ceremony was held for the new Village Bible Church.

Photo submitted

Niagara-on-the-Lake EST.1781

1593 Four Mile Creek Road,
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Hours of Operation: Monday to Friday, 8:30 a.m. to 4:30 p.m.

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NOTICE OF PUBLIC MEETING

Official Plan Review and Update

PURPOSE

The Town of Niagara-on-the-Lake is undertaking a review of its current Official Plan. As part of this review, Council is required to hold a special statutory public meeting to hear from interested people to discuss revisions to the Official Plan which people believe should be considered as part of the official plan review and update.

Section 26 of the *Planning Act* requires the Town to, not less frequently than every five years; revise the Official Plan to ensure that it:

- conforms with provincial plans or does not conflict with them
- has regard to the matters of provincial interest listed in Section 2 of the Planning Act; and,
- is consistent with the province's policy statements issued under Section 3(1) of the *Planning Act*.

Further, Section 26 requires the Official Plan to be revised if it contains policies dealing with areas of employment, including the designation of areas of employment and polices dealing with the removal of land from areas of employment to ensure that those policies are confirmed or amended.

HAVE YOUR SAY

Input regarding the Official Plan review is welcome and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Town.

PUBLIC MEETING

Date: July 22, 2013
Time: 5:30 p.m.
Place: Town of Niagara-on-the-Lake
Administration Offices
Council Chambers
1593 Four Mile Creek Road
Virgil, Ontario

WRITTEN SUBMISSION

To provide input in writing, please send a letter c/o Town Clerk Holly Dowd, 1593 Four Mile Creek Road, P.O. Box 100, Virgil, Ontario, L0S 1T0.

MORE INFORMATION

For more information regarding this meeting or other aspects of the Official Plan review and update, please contact Leah Wallace, Senior Planner at 905 468-3266, extension 245. A copy of this notice can be found on the Town's website at www.notl.org.

Dated at the Town of Niagara-on-the-Lake this 4th day of July 2013.

PUBLIC NOTICE OFFICIAL TOWN FLAG

A public information session has been scheduled to review a proposed design for a Town Flag and a refreshed Coat of Arms.

Council has directed the Lord Mayor to work with the Canadian Heraldic Authority in creating an official Town flag, and a representative from this office will be in attendance to field questions and comments from the public.

Date: Tuesday, July 9, 2013
Time: 5:30 p.m.
Place: Town of Niagara-on-the-Lake
Administration Offices
Council Chambers
1593 Four Mile Creek Road
Virgil, Ontario

For further information, please contact Dawn McInnis at 905-468-3061 x 235 or dmcinnis@notl.org.

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Sat & Sun 8am-6pm

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Pauline Reimer Gibson, *M.Sc. Reg. CASLPO,* is an Audiologist who was born and raised in the Niagara area. As a resident of Virgil, she is committed to provide the best hearing care in her community. With over 15 years of experience, her mission is to make a positive difference in the lives of those with hearing impairment.

Julia Dick is the friendly face you will see behind the front desk at Virgil Ear Clinic. Julia was born and raised in Virgil, and has chosen this town to raise her young family as well. Julia makes sure everybody leaves with a smile on their face!

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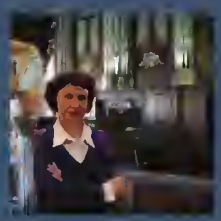

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Providing stability with own building

From Page 9

Then, looking for something more stable, the church developed a successful partnership with St. Davids Presbyterian Church, sharing the building. However they soon outgrew that space, and moved to the gymnasium at St. Davids Public School, just down the road.

By that time, the Neufelds had decided it was time to retire. Greg Alderton, a young pastor from Niagara Falls who had been a guest speaker at the Village Bible Church—and loved it—took over, supported 100% by the congregation.

He is now taking the church to the next level—the construction of its own building.

A year ago, after looking at 11 different properties in NOTL, mostly in St. Davids—they all fell through, mostly because of zoning and greenbelt issues—the church purchased property on York Rd. in the Glendale area, and celebrated a ground-breaking Sunday.

"From the time we started looking at this project, doors began opening for us," he said.

"This one came up and everything fell into place."

And although their main focus continues to be St. Davids and NOTL, the proximity to the Queen Elizabeth Way will make the church handy to those from St. Catharines and Niagara Falls.

Construction begins this week, with a finish date of December or January.

"We'd love to be able to hold a Christmas open house," said Alderton, "but we're not counting on it. We've been told six to eight months."

It will be an open-concept building, designed by local architect Henry Swinkel, with the intention to be used by the community, not just for Sunday services.

And it is family-friendly, with about one-third of the building designed for children, he said.

"We're a real mix of seniors, families with teens, and families with young children. We're really multi-generational, and that's the way the church needs to be," he says.

The congregation is already helping out at the school, holding fundraisers and even volunteering with its reading program.

See Page 15

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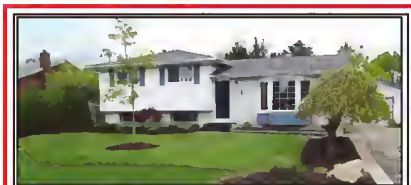
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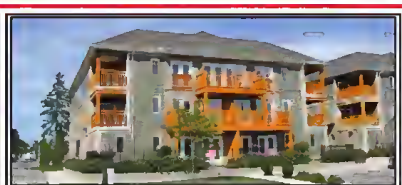
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Core values remain despite changes over past 15 years

From Page 14

"We have a desire to be part of the community. We want to be about more than Sunday mornings."

The new building will allow them to expand that community involvement, and will be available for weddings, receptions, graduations and other community events.

"It won't look like a traditional church—it isn't a traditional church," says Alderton.

That the church is able to afford a new building when so many others are struggling is "God's provision," says Alderton.

"People have from the beginning given faithfully, of their time and financially."

But what is it about this church that is attracting—and keeping—people of all ages, including young families?

The spiritual element, answers Alderton—God actively being involved in people's lives.

"Since the beginning, we've been faithful to preaching the gospel. That brings people to us. And maybe what we talk about is something they need to hear. They come to hear it, and they stay."

The human element, he says, is also important.

"We're very laid back, and very practical. We don't preach at people. We try instead to have a conversation with them about things that they can take with them, to help them through the week."

They also incorporate a contemporary style of worship, he says, with new worship songs written for people today, blended with the traditional hymns. Even the instruments are contemporary—instead of an organ, they use guitars and keyboards that help attract young people.

But although there have been some changes in the last 15 years, the core values remain those that were established by Neufeld and the group of people who envisioned a healing church.

"Herman and his personality, the way he did things, and the others who were involved, set a very strong foundation for us. We've held on to the things that were deemed important."

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Art graces Reif Estate Winery

Penny Coles
Niagara Advance

The little courtyard in front of the retail and tasting venue at Reif Estate Winery was always intended to have a water feature.

What has been designed and built is much more than a fountain.

Three experts in the craft of dry stone walling, two from Great Britain and one an instructor at Willowbank School of Restoration Arts, have created a wine barrel made of limestone, incorporating a water fountain into the barrel.

While what they do looks like more like work than art, dry stone construction is an art using the oldest building material, one that is completely recyclable, environmentally friendly and natural.

Roberto DiDomenico, Reif's winemaker, says when he learned that Dean McLellan, the Willowbank stone walling instructor, and visiting experts from the U.K. were looking for a project, they decided to incorporate some old-world art with a water feature for the courtyard—a large, oval barrel styled after the original German wooden barrels used to age wine, some of which are on display at Reif, with a water fountain and a shallow mirror pool, calming and cooling, at its base.

McLellan is a certified instructor in dry stone walling, an art he learned from his grandfather.

See Page 18

PENNY COLES Niagara Advance

Dean McLellan, and his crew from the UK, are constructing a wine barrel made of limestone, incorporating a water fountain into the barrel at Reif Estate Winery.

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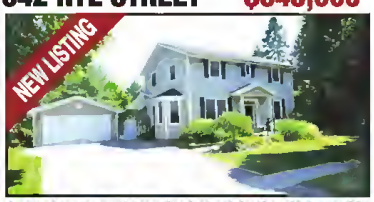
225 GAGE STREET $1,198,000

A much admired executive bungalow situated in an elevated position on a prestigious tree lined street in the old town. Park-like setting showcasing design award winning gardens. Truly a residence for the discriminating purchaser looking for the unique Niagara on the Lake experience. MLS# N30021567. Viviane Elltoft and Thomas Elltoft.

175 QUEEN STREET #2 $699,000

Custom designed elegant open concept town home located in the heart of town. Features three bedrooms, 3+ bath, finished lower level, private garden. Many extra features, a rare find! Victoria Bolduc. **MLS# N30021360**

642 RYE STREET $645,000



Located on a quiet tree lined street in the old town this spacious completely updated 3 bedroom, 3 bathroom home with double garage is set in an idyllic garden complete with beautiful solar heated in ground pool and large deck. MLS# N30021445. Viviane Elltoft and Thomas Elltoft.

1866 LAKESHORE ROAD $415,000

Recently updated brick bungalow bordering onto green space, walking distance to lake front park and near downtown shopping and restaurants. Highly visible location ideal for cottage or rental. MLS# N30021455. Thomas Elltoft and Kim Elltoft.

518 LINE 3 $499,000

Surrounded by vineyards! Prime country property situated on 2.5 acres with a 16' deep pond, fully fenced with dock and in-ground pool. 5 bedrooms up plus 4 piece bathroom. Spacious room on the main floor could be main floor master with en suite or a Family room. New roof and siding 2012. MLS# N30021303. Chris Bowron and Audrey Wright

2 GARRISON VILLAGE $374,9000

Very well maintained back-split in Old Garrison Village near Lakeshore. Lovely mature fenced backyard wrap around deck covered on side. Room for a pool. Walk out from basement rec room with gas fireplace. Chris Bowron and Phil Bowron.

1 BROWNS POINT $995,000

Situated on a beautiful 200 ft. x 200 ft. Lot on the corner of exclusive Browns Point Circle and Spectacular Niagara River Parkway. Quality built 3200 sq. ft., 4 bedrooms 3.5 bathrooms, in-ground concrete pool. MLS# N30019B16. Audrey Wright and Chris Bowron.

450 QUEEN STREET $2,695,000

This home is the result of a vision to live simply but elegantly, to create an oasis for art, entertaining and family while connecting all rooms to the outdoors. The views from the front and sides of the property overlooking the golf course and lake are breathtaking. Fabulous guest house, summer kitchen, pool and Zen gardens. 6650 sq. ft. MLS# N30018726. Bonnie Grimm

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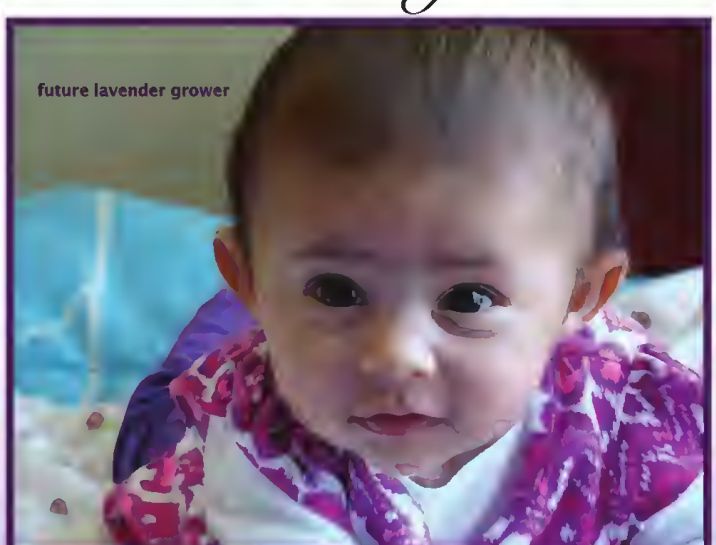

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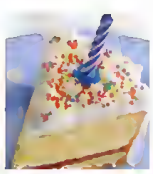

The Niagara Advance

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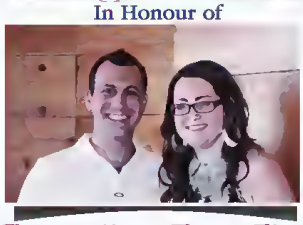

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Backyard described as 'kitchen garden'

Penny Coles
Niagara Advance

Alice and Julian Rance have a lovely manicured front garden on James St.

But it's the back garden that is the real surprise.

Although their lot is an average size for a Niagara-on-the-Lake subdivision, about 60 feet by 120 feet, they have turned their backyard into what Alice refers to as a kitchen garden.

In amongst the flowers and planters, she grows lettuce, radishes, Swiss chard, green beans, lima beans, peppers, several different varieties of tomatoes, raspberries, strawberries, blackberries, rhubarb, squash asparagus - to name just some of the fresh produce Alice can pick from her garden.

She takes her gardening seriously, starting her own plants—perennials, annuals and vegetables—from seed in the house so she can grow the varieties she wants, and get a good start on them.

She knows what grows best where in her garden and rotates her crops yearly.

She makes the most of every single inch of space, and works at companion gardening, with flowers and decorative planters and baskets interspersed among the vegetables.

Both retired, the couple has more time to spend working outside and enjoy the exercise.

See Page 19

Returning for Stone Festival

From Page 16

He is a professional member of the Dry Stone Walling Association of Great Britain and is currently working his way through their certification process.

Andrew Loudon and Peter Isherwood were here as examiners from the U.K's Dry Stone Walling Association, and were testing McLellan on his work—he passed, he said.

They will return in September for Willowbank's Stone Festival, which will commemorate stone and its influence on the culture of a community.

The three-day event will bring together carvers, masons, and artisans and will feature lectures, demonstrations, dry stonewalling certification, carving, and a traditional lime burn.

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Hidden treasures at NOTL

From Page 18

Alice does the planning and Julian joking that he does what he's told.

It's a lot of work, he says, but very rewarding, says Alice.

"It's so nice to pick fresh tomatoes for lunch and beans for dinner. And we're eating our own lettuce for about eight weeks."

By growing several varieties of tomatoes that ripen at different times, they will have a longer season to enjoy them, she says.

Last year, they estimated they harvested about 300 pounds of tomatoes.

The Rances' James St. garden is just one of 10 hidden treasures to be revealed Saturday, July 6, from 10 to 4 p.m., at the Niagara-on-the-Lake Horticultural Society's 22nd annual garden tour.

This year gardens have been grouped so that many are within walking distance of each other—there are three on James St. and several others near by.

Participants have the opportunity to win one of four prizes.

The grand prize is a Vintage Hotels three-course dinner for two at either the Prince of Wales, Queen's Landing or the Pillar and Post (value $175).

Alice and Julian Rance take pride in their backyard garden.

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How to know water heater rentals aren't a scam

Penny Coles
Niagara Advance

When someone comes knocking on your door to ask about your water heater, are you suspicious it's a scam?

Richard Riel rents, sells and services gas water heaters, but he does not go door to door.

And when you rent a water heater through him, you are, in an indirect way, contributing revenue to the town.

Most people in town have a sticker on their water heater with a phone number to call if they have a problem: 905-328-5454.

The person who is at the other end of the number is most often Riel.

The company is Energy Services Niagara, and it does not send sales people door-to-door.

And when it advertises itself as locally owned, it couldn't get much more local—the company is, again indirectly, owned by the town of Niagara-on-the-Lake.

Energy Services Niagara is part of Niagara-on-the-Lake Energy, the parent company of Niagara-on-the-Lake Hydro, and a holding company owned by the Town of Niagara-on-the-Lake.

All three companies were created as a result of the Ontario government's restructuring of the electricity market. And all three companies are locally owned by NOTL taxpayers through the Town of Niagara-on-the-Lake. Energy Services Niagara supplies and services gas and electric water heaters, although most people use gas. It deals with contractors building new houses and replaces existing water heaters, some of which were originally rented from NOTL Hydro.

During the province's restructuring, unregulated services owned by Hydro that were not actually related to delivering hydro had to separated, explained NOTL Hydro president Jim Huntingdon, and that included water heater rentals.

In 2000, the Electricity Act in effect deeded NOTL Hydro to the Town. The Town formed a holding company, NOTL Energy, that now owns NOTL Hydro and Energy Services Niagara.

But it gets more complicated.

NOTL Hydro used to bill for the water heaters, but was unable to comply with new Code requirements set by the Ontario Energy Board, so billing is now handled by Direct Energy.

And Energy Services Niagara eventually needed an outside company to help with marketing, and the successful company, best suited to supplying the necessary requirements, was Newville Candles on York Rd.

Riel is employed by Newville, which is contracted to supply the service by Energy Services Niagara.

So if you need a new water heater or the one you have needs servicing, and you call Riel, the truck that comes to your door will say Newville Candles.

The holding company, which also includes part ownership of a fibre optics company, has provided the Town with an additional $500,000 in revenue for each of the last three years.

Three representatives from the Town sit on the board of the holding company—the chief administrative officer, the Lord Mayor and a member of council, along with three residents.

Two of those residents sit on the board of Energy Services Niagara, and of the holding company's six board members, four sit on the board of NOTL Hydro—all of this set up to separate business that is regulated and non-regulated, in compliance with regulations set by the Ontario Energy Board.

So if you decide to buy a new water heater, and a Newville Candle truck arrives at your door, you don't need to understand the ins and outs of who owns what, but you can be reassured that you are in the hands of a legitimate company that is indirectly contributing to town revenue.

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71 William Street - $325,000

Beautiful, mature Old Town property that backs onto One Mile Creek. Four blocks from Queen Street theatres, restaurants, and shopping Currently used as a rental property. 1000 square feet. 57 x 133.75 lot. MLS#N30015230

Want to become a memory athlete? Practise with memory training

Melissa Mangelsen
Niagara Advance

For Dave Farrow, growing up with Attention Deficit Disorder (ADD) and dyslexia wasn't easy.

He struggled to keep up with classmates and had trouble staying focused. This led him to become obsessed with brain techniques and learning about what works.

He became the only person in this century to invent a new memory technique. He is reaching out to communities to start up a Memory Club to not only practise his techniques, but to compete in tournaments through the World Memory Tournament Federation.

We live in a world where prescribing medication has become far more common than it should. There doesn't seem to be a disorder, or disease that doesn't have medication linked to it.

Farrow believes that we are overusing medication.

"I have very strong opinions on medication. It's being overused. It can be useful, but our body develops a tolerance for it. Before you know it, you're taking double or triple the dose," he said.

He believes ADD medication such as Ritalin, Dexedrine, Adderall, Adderall XR, Concerta, Vyvanse and Focalin XR are a Band Aid to the problem and not a solution.

"In many cases, with proper training, coaching and counseling people are able to avoid medication. Understanding and exercising the brain is far more beneficial than taking a pill," he said.

He believes another problem with medication is that it becomes a "quick fix" that does more damage than good.

"It takes effort to actually go out there and brain train - it's not as easy as popping a pill," he said.

He has taken what he has learnt over the years and wants to help kids shake that "summer dumber" syndrome and keep their minds sharp.

He's asking people in Niagara-on-the-Lake, particularly parents to start up a memory club.

"There's a number of studies that show students can lose a letter grade over the summer and then they go into a shock when the fall comes," he said.

The clubs don't have to be in school's as an extracurricular, though he encourages schools to also get involved. medication

His unique program was launched two weeks ago and has been getting world-wide attention. The idea is to get clubs rolling over the summer so when the fall comes they're a little "sharper."

Farrow refers to brain training as a sport because it has been an established sport internationally for more than 20 years.

"I've simplified the way to do memory training, so it's easier for people to do. There's an opportunity to compete as well and that's always really entertaining to watch," said Farrow.

See Page 23

CANADIAN TIRE
SHIFT INTO SUMMER

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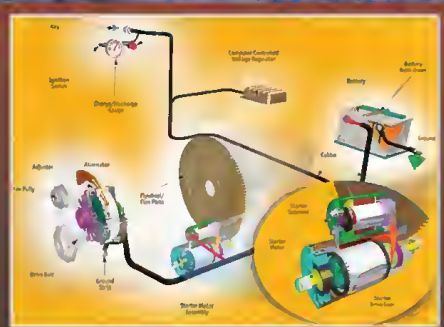

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Living example of how training your brain can improve skills

From Page 22

There aren't a lot of memory athletes, maybe about 400, but more clubs are popping up and the sport seems to be gaining popularity.

He said seeing how excited the students get is amazing.

He partnered with Canadian actor Rick Green to help spread the message of memory training.

Farrow doesn't just promote the positive effects of mental training, but he is also a living example that it works.

He's a two-time Guinness World Record holder for memorizing and recalling the exact order of 59 decks of cards randomly shuffled together - that's a total of 3,069 cards.

When he was dealing with ADD and dyslexia in his teens he kept hearing that learning skills were pre-determined by genes.

"Learning skills are learnt as you train as are skill sets. You're not boring with the ability or disability to learn," he said.

Green has is own initiative too, which is focused on adult ADD.

Adult ADD isn't addressed as much as it is in children, but statistics say that 4 to 6% of the adult population has ADD. In the US that works out to be about nine million adults.

ADD usually persists throughout a person's lifetime and is not limited to children. Adult ADD, if not properly treated can lead to trouble with employment, family and social relationships.

ADD is also commonly seen as the inability to focus or being scattered all over the place with too much activity and restlessness. Hyperactivity isn't the only form of ADD, there is also distractibility and impulsivity.

Through humour, short video clips, blogs and tips, Green's site is directed to an audience he feels is much like himself.

The Farrow Method is the best selling memory training program in the world. His website offers free tips and some basic training as well.

Once a club is established they will have the opportunity to work The Farrow Method.

Clubs are not age specific and included anyone from elementary school, high school, college and even adult groups.

The Canadian Memory Tournament Championship will be held in Canada in 2014 and the World Memory Tournament Championship will also be in 2014. No location has been determined but Farrow hopes that it'll be held in Canada as well.

For more information on starting up a club visit www.memorytournament.com

To learn more about Farrow, visit his website at www.davefarrow.com

Visit Totally ADD at www.totallyadd.com to learn useful tips on how to cope with ADD. The website also allows you to interact with other people who have ADD through a public forum.

ADD has been recognized as a disability since the early 1970s, but little information is available on it. Myth says ADD is caused by poor parenting, family problems, poor teachers or schools, too much TV, food allergies or excessive sugar - none of which are true.

Though the exact cause of ADD is unknown, it is very likely caused by biological factors, which influence neurotransmitter activity in certain parts of the brain, and have a strong genetic basis. There is also a great deal of evidence that ADD runs in the family, which is suggestive of genetic factors. If one person in a family is diagnosed with ADD there is a 25 to 35% chance that any other family member also has ADD.

The Farrow Method isn't just for people who suffer from ADD, or any other learning disability. It is for everyone who has an interest in becoming a memory athlete. Farrow is encouraging the people in NOTL to jump on board and get some clubs started in the community.

"As I like to say, it's not 'look at what I can do - it's look at what you can do."

David Farrow encourages parents in NOTL to start up a memory club to help keep students sharp over the summer holidays.

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T–Hawks playoff bound

The Niagara-on-the-Lake Jr. B Thunderhawks Lacrosse Club will play the Elora Mohawks in the first round of the Jr. B West Division playoffs.

Niagara finished second in the Southwest division and fourth overall in the 14 team West Division.

The Mohawks finished fifth overall with Niagara defeating Elora 6-5 in their only meeting this season.

Game one will be played in Niagara on Saturday July 6 at 7 p.m. Game two in Elora on Sunday July 7 at 8 p.m. and Game three (if necessary) in Niagara at 8 p.m., July 10.

In recent action, the T-Hawks lost a heartbreaker to the undefeated and reigning Canadian Jr. B champion Six Nation Rebels. Down 12-10 the Thunderhawks scored with 11.2 seconds left in the game. Captain Joe Ditto then won the draw and quickly moved the ball for a last second shot that just missed the top corner for the tie. Leading the T-Hawks was Moe Bissell with seven points (one goal/six assists) and Anthony Patterson with six points (one goal/five assists).

Cam Seneca chipped in with two goals/two assists with Dave Evert scoring twice and singles going to Zac Dubuc, Chaunce Hill, Austin Wright, Max Antone, and Curtis Printup.

Shopper's team wins four straight

In youth interlock soccer action the Shopper's Drug Mart team captured their fourth win in a row to start the season with a 5-2 win over Pelham, June 26 at Memorial Park.

Pelham came out strong to start the game but couldn't capitalize with some strong defensive play from Shopper's Drug Mart's defensive line and some big saves from goalkeeper Nick Elia.

Caleb Lavoie opened the scoring in the middle of the first half with a nice shot to put Shopper's Drug Mart up 1-0.

Pelham scored shortly after that to tie the game 1-1. Five minutes later Ross Sanders scored on a breakaway to put Shopper's Drug Mart back on top by a score of 2-1. Pelham scored near the end of the first half tie it again at 2-2 and that's how the first half finished.

The second half saw Shopper's Drug Mart start to take over the game as Ross Sanders scored his second goal of the game to put them up 3-2. Shopper's Drug Mart kept the pressure on Pelham with the help of some strong play from George Warren, Gabriel Symonds and Cooper Medland. They were rewarded with a penalty shot which Nick Elia put into the back of the net for a 4-2 Shopper's Drug Mart lead.

They kept the pressure on Pelham as Lily Michalicka crossed the ball into the 18-yard box where Nick Elia scored his second of the game to put Shopper's Drug Mart up 5-2 to secure the win.

Niagara-on-the-Lake
Church Directory

GRACE UNITED CHURCH
222 Victoria Street, Niagara on the Lake
905-468-4044
www.graceunitedchurch.com
Minister: Rev. David Pritchard
Sunday Morning Service at 10:30
Parking passes are available at the Church

GateWay Community Church (P.A.O.C.)
1665 Four Mile Creek Road • 905-468-8971
Sunday, July 7th 10:30 a.m.
July Theme: 'Learning to Trust'
Pastor Dave Tunikaitis Ministering
www.gatewaycc.ca: check here for events and podcasts.

BETHANY MENNONITE CHURCH
East/West Line & 4 Mile Creek Road
10:00 am Worship Service
Pastors David Brubacher & Marty Misener
905-468-3505 • www.vaxxine.com/bethany/

TRINITY LUTHERAN CHURCH
2027 Niagara Stone Road • 905-468-2611 or 905-468-9673
10:00 am Worship Service
Pastor Larry Ritter

Village
St. Davids Public School Meeting at 1344 York Road, St. Davids 289-296-9036
Sunday, July 7th
10:00am Coffee Time + 10:30am Worship Service
Village Kidz (ages 1 - grade 5)
Deeperate: Ask, Seek, Knock
Pastor Greg Alderton
www.villagebiblechurch.ca

CORNERSTONE COMMUNITY CHURCH
1570 Niagara Stone Rd.
www.ccchurch.ca • 905-468-7155
Sunday, July 7th
Worship Service 10:00 am
(child care provided mid-way through the service for ages 5 & under)
Message: Kevin Bayne, Pastor
Title: Lord of the Storm

Niagara United Mennonite Church
"Called to be Servants of Christ In Our Community"
9:00 am German Service
Message by guest speaker
Doris Dirks
10:00 am Worship Service
Message by Stephen Cox
"Esther"
(Esther 4:10-16)
Pastors: Rudy & Sharon Dirks, Stephen Cox
1775 Niagara Stone Road
905-468-3313
http://www.redbrickchurch.ca

www.orchardparkbiblechurch.org
ORCHARD PARK BIBLE CHURCH
434 Hunter Rd.
905-468-5731
Sunday, July 7th
Worship Service 10:00 am
Message by Pastor Jim Evans
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Communion Service
Message: Fruit
Pastor Rick Mills
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lifeabundantfellowship@gmail.com

St. Saviour's Anglican Church
General Brock Memorial on the Niagara River in
Queenston
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905-468-3123
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www.stmarks1792.com

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Community Calendar

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Royal Canadian Legion
Branch # 124, 410 King Street, NOTL

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Thin continues to roll at Twenty Valley

The Professionals of the Niagara District Professional Golf Tour (www.ndpgt.com) hit the links for the fourth event of the season at the Twenty Valley Golf and Country Club on June 25.

The skies threatened for most of the morning but the rain held off and the course was in terrific shape. As per usual, the greens at Twenty Valley were tremendous and rolled beautifully.

Cameron Thin of the St. Catharines Golf and Country Club held the rest of the field at bay with a very steady round of even par, winning his second event of the season. After a triple bogey on the third hole, Thin turned it around and lit up the back nine shooting a 3 under par 34.

The story of the day, however, may have been the play of Joey McKenney and his Hole-in-One on the 215 yard par 3 16th hole. Screams of elation could be heard across the course as McKenney and his playing partners watched his tee shot disappear into the cup.

This helped McKenney on his way to shooting a 73 and tying for second place.

Rounding out the Top 3 was Kevin Poole of the Grand Niagara Golf Club who also shot an exceptional round of 73.

The Professionals tee it up again on Tuesday July 8th at the Rockway Glen Golf Course and Estate Winery."

Strong road wins for Valu Mart

Hendriks Valu Mart U-12 soccer team took to the road the past few weeks finishing with strong wins. First the Niagara team beat a competitive Thorold team 4-2 and this past week a nice 5-1 win in Pelham. Outstanding ball control from Ethan Siemens, Joey Caron, Max Siemens Josh Kairo and Jacob Kocis attacking the competition and scoring. Sweet strikers and midfielders Alana and Matthew Ward, Matt Thech, Justice Ball and Tyler Cullen set up great plays. Strong defensive support from Connor Hendriks, Joel Gula, Michael Ward, Evan Burland and Austyn Werstroh frustrated the challenging teams. Eric Randell was strong between the pipes for Valu Mart.

Local soccer teams doing well

In Youth Interlock soccer action, the NOTL Simpson's Pharmasave team picked up their first win of the season, a 9-3 victory over a short-handed Pelham squad.

Sebastian Balsom opened the scoring nine-minutes in by converting a Jake Eadie pass with a nice shot to the left side of the Pelham net. Eadie followed that up with a goal of his own, set up by Ben Simmonds. Simmonds then continued the trend by scoring on a penalty kick, the first of his four goals of the match. Balsom added another marker on a shot from the centre line, while Nick Simmonds, the younger of the two Simmonds boys, and Adam Denee, each picked up their first goals of the season. The Lalos sisters (Felicia and Demetra) both played strong games at midfield and forward, while the defensive team of Hannah Telford, Anna Smythe, Nick Frendo and Max Roberts Ramos stopped many Pelham attacks.

Third win for Shopper's team

In Youth Soccer the Shopper's Drug Mart team captured it's third win in row to start the season with a 3-2 win over Thorold, June 19.

Shopper's Drug Mart weathered the storm from the early pressure applied by Thorold. Thanks to strong defensive play by Leanne Dobbie, Alex Ruddy and the rest of the defensive line. With some big saves made by goalkeeper Nick Elia.

Caleb Lavoie opened the scoring in the middle of the first half for Shopper's Drug Mart with a nice shot from the 18 yard box for his first goal of the season and a 1-0 lead.

Ross Sanders followed up shortly after with a goal and his second of the season for a 2-0 lead at halftime.

Thorold scored early in the second half to cut the lead to 2-1. Shortly after Nick Elia scored on head ball off a corner kick from Ross Sanders to restore Shopper's Drug Marts lead to two and make the score 31. George Warren and Cooper Medland also played a strong game for Shopper's Drug Mart.

Thorold scored late in the game to make it 3-2 but couldn't get any closer to the NOTL Shopper's Drug Mart team.

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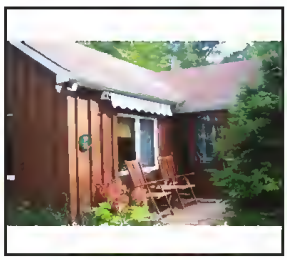

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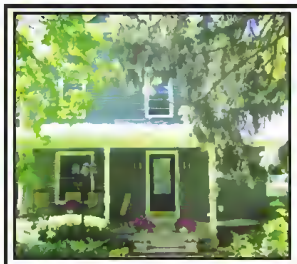

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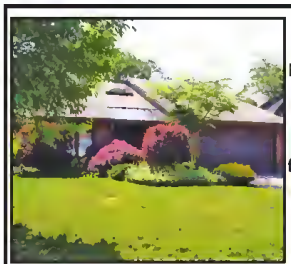

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